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BURIED ALIVE

FOR SNOWMOBILER JEREMY HANKE, THE B.C. BACKCOUNTRY IS A LIFE-SAVER THAT ALMOST BECAME A LIFE-TAKER PAGES 8-9

DAY 2
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Vancouver set on getting greener ... and tastier?

The Local Garden, a vertical farm on the roof of an underused downtown parking garage, is thriving two months after it opened. Vancouver city council will vote this week on an ambitious strategy that aims to make the city's food system more just and sustainable. EMILY JACKSON/METRO

Bursting with veggies.
By 2020, the city wants to have 1,400 more community gardens, for a total of 5,000, and 13 more farmer's markets, for a total of 22

EMILY JACKSON
emily.jackson@metronews.ca

Get ready to see veggies growing on front lawns, gardens sprouting from walls and leafy crops populating rooftops.

Vancouver city council will vote this week on an ambitious food strategy that aims to make the city's food system more just and sustainable in the face of climate change, loss of agricultural land and poverty-related food inequality.

The 71-point plan would turn the locavore lifestyle from a trend into policy by improving the city's food production, access, processing, distribution and waste, along with empowering residents to participate in neighbourhood food networks and community-based food programs.

"Food isn't just about hobby gardening, and it's not just that we like our organic food in Vancouver," Coun. Heather Deal said Monday. It's about helping people who may be isolated or vulnerable get access to food, land use, development and planning neighbourhoods, Deal said.

By 2020, the city wants to have 1,400 more community gardens, for a total of 5,000, and 13 more farmer's markets, for a total of 22. The plan also calls for more local food purchased by city facilities, the development of a food-business incubator or a central food hub and expansion of composting.

Years of consultation and work with the Vancouver Food Policy Council went into the plan, which has been well received by urban-food policy planners.

Coun. Adriane Carr was particularly pleased to see the long-term security of community gardens addressed in the plan.

It's not clear how much it cost to develop the 150-page plan.

A total cost is not stated, since initiatives will be paid for separately from different parts of the budget.

Council will hear from speakers and vote on the plan on Wednesday.

Quoted

"Food isn't just about hobby gardening."
Coun. Heather Deal

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Access.
Community centres fight for control of revenue

The Vancouver Park Board's plan to redistribute revenue equally among community centres has been dubbed a "cash grab" by a number of associations that run the neighbourhood gathering spots.

For decades, volunteer associations have charged for certain programs and used the revenue to run community centres.

This system, however, led to successful community centres in wealthier neighbourhoods and rundown operations in others, park board commissioner Niki Sharma said.

"No matter what neighbourhood you're in, you should have the same access to affordable programming," Sharma said.

Associations could keep current surpluses, she said, but the board would redistribute future revenue equally between the city's 24 centres.

But that plan sparked anger among six centres that are holding emergency meetings Tuesday.

They're willing to negotiate on equal access, but don't trust the board to distribute all revenue, said Eric Harms, president of the Hastings Community Association.

Money from the Hastings' fitness-centre subsidizes its family drop-in program, which also depends on city grants, he said. It's unclear whether the program could operate if revenue was redistributed.

"We're the ones that have for decades done very well in terms of looking after the interest and the issues in our communities," he said. "We think we're better suited to do that than centralizing power at city hall."

EMILY JACKSON/METRO

More than 200 Idle No More protesters gathered Monday outside Vancouver's Aboriginal Affairs and Northern Development Canada offices as part of a national day of action. PHYLICIA TORREVILLAS/METRO

Beat goes on for Idle No More

National day of action.
Movement continues to protest Harper's approach to social, environmental policies

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

The sound of beating drums echoed as more than 200 Idle No More protesters gathered Monday outside a downtown federal office to add their voice to the din against the Harper government's social and environmental policies.

The peaceful rally outside the offices of the Aboriginal Affairs and Northern Development Canada was part of a national day of action that saw demonstrations in at least 30 other cities across the country.

Jerilynn Webster, an aboriginal hip-hop artist and one of nine local Idle No More organizers, said Monday was an important day, as Parliament resumed after a six-week winter break.

United front

"This is actually everyone's fight because we all don't want our lands and waters destroyed."

Jerilynn Webster, an aboriginal hip-hop artist and local Idle No More organizer

"We'll see if our voices are being heard," she said. "We will still continue to do the actions until we see there's some significant changes within government."

Webster said she's not only seeing young aboriginal people joining the movement, but also non-native people.

"They're saying this is not just an aboriginal fight. This is actually everyone's fight because we all don't want our lands and waters destroyed. People are seeing the sense of urgency," Webster said.

Mike Dangeli, a local carver and leader of the First Nations dance group Goothl Ts'imilx, said the Idle No More movement is reaching people not just in Vancouver and Canada, but worldwide.

"We have the voice and the power to change things," Dangeli said.

The murdered and missing women in the Downtown Eastside were also remembered at the beginning of the rally with speeches calling for the end of violence against aboriginal women and girls.

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BC Place employees hit the picket line

Expired agreement. 498 workers on strike

The NHL lockout's end brought a close to labour unrest at Rogers Arena, but across the street at BC Place, things are just getting started.

A total of 498 full- and part-time employees working in trades, security, first aid, event setup and tear-down, housekeeping, and hosting at BC Place began a strike Monday morning after three days of talks last week did not produce a new collective agreement.

The employees were working under an agreement that expired in May 2012. They're seeking more job security and a wage increase in the next agreement. Food-service employees are unaffected by the strike.

BCGEU representative Karen Tankard said the main issue is BC Place's operator, PavCo, using outside contractors for event work such as show setup and tear-down.

Tankard said that work should be going to union members.

"We believe the provisions in (the current) collective agreement do address this issue of contracting out, and that work is ours," Tankard said. "PavCo believes otherwise, so we need to hammer this out and we need to get clear language, but we believe that work is ours."

Tankard said the picket lines will stay "until further notice."

BCGEU members were to work on a "Year of the Snake" show beginning Wednesday, but their participation is now uncertain.

PavCo representatives declined to comment, but in a statement released Monday, Howard Crosley, general manager of BC Place, said he was "disappointed" and hoped further discussions would yield an agreement acceptable to both sides. LIAM BRITTEN/FOR METRO

A BC Place employee walks the picket line Monday outside the stadium's west entrance. LIAM BRITTEN/METRO

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Election. NDP and Liberals race to be 'positive'

It's officially B.C. election season, and the NDP and Liberals are already squabbling over which party's ads are more negative.

Both parties have launched their first TV ads, with the NDP showcasing leader Adrian Dix's plan to avoid personal attacks and stick to policy and the Liberals touting Premier Christy Clark's economic record.

"The exciting part to me is that Adrian has been focused on running a positive campaign" while the "premier's friends are running attack ads," said Carole James, co-chair of the NDP's election platform committee and former party leader, referring to ads run by Clark's former adviser Jim Shepard.

"I really believe that the public is looking for something different. They've had enough of the attack ads and the approach that we've seen."

Minister of Transportation and Infrastructure Mary Polak pointed out, however, that Dix's ad mentioned the Liberals while Clark's simply talks policy.

"Ironically enough, while the NDP are the ones saying they're going to be positive, theirs is the only ad that says anything negative," Polak said.

The Liberals have a "tremendous record" in the economy and will campaign on that, Polak said.

"It doesn't surprise me the Liberals would be defensive," James said to counter the Liberal response. "It'll be up to the voters to decide."

Voters have just over three months to pick sides before the May 14 election. EMILY JACKSON/METRO

Excluded? Methadone users demand a voice

A provincial methadone-users group claims it was excluded from a discussion Monday on how to improve methadone maintenance treatment in British Columbia.

The B.C. Association of People on Methadone (BCAPOM), along with Pivot Legal Society, held a press conference outside the Executive Airport Plaza in Richmond, where representatives of provincial health authorities and addictions researchers met to discuss solutions to methadone treatment and delivery issues.

"How are you supposed to reform and make a program different if you don't have people at the table who actually are affected by it?" BCAPOM's Laura Shaver said.

Pivot's Scott Bernstein claimed only one representative from the group was "added in as an afterthought."

"It's up to the province and the health authorities to actually sit down and listen to the people who are affected," he said. PHYLICIA TORREVILLAS/METRO

Crime. Man found dead in South Surrey field

Police are investigating a possible gang-related death in Surrey.

A man was found dead in rural South Surrey in a grassy field, at the 12300 block of Colebrook Road just north of Highway 99, on Monday morning. The death has been ruled a homicide.

The Integrated Homicide Investigation Team (IHIT) took over the investigation but had yet to identify the victim as of Monday evening.

The cause of death was not released.

"We are in the early stages of this investigation and we are working to find out if this latest homicide is related to gang activity," said Cpl. Adam MacIntosh of IHIT. LIAM BRITTEN/FOR METRO

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Flight. Monkey in rocket launched into space, says Iranian state TV

Iran said Monday it has successfully sent a monkey into space, describing the launch as another step toward Tehran's goal of a manned space flight.

According to a brief report on state TV, the rocket, dubbed Pishgam, or Pioneer in Farsi, reached a height of 120 kilometres. The report gave no other details on the timing or location of the launch, but said the monkey safely returned to Earth.

Still images broadcast on state TV showed a small, grey-tufted monkey presumably being prepared for the flight, including wearing a type of body protection and being strapped tightly into a pod that resembled an infant's car seat.

In this undated image taken from AP Television, scientists in Iran surround a monkey ahead of a space launch. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Possible change

U.S. Boy Scouts considering retreat from no-gays policy

The Boy Scouts of America is considering a dramatic retreat from its controversial policy of excluding gays as leaders and youth members.

Under the change now being discussed, the different religious and civic groups that sponsor Scout units would be able to decide for themselves how to address the issue — either maintaining an exclusion of gays or opening up their membership.

Monday's announcement of the possible change comes after years of protests over the policy.

THE ASSOCIATED PRESS

Neglect, errors contributed to Brazil nightclub blaze

231 dead. No fire alarm, sprinklers or fire escapes resulted in the world's worst fire of its kind in more than a decade

Relatives and friends carry the coffin of Vinicius Rosado through a cemetery during his burial in Santa Maria, Brazil, Monday. A fast-moving fire roared through the crowded, windowless Kiss nightclub in this southern Brazilian city early Sunday, killing 231. FELIPE DANA/THE ASSOCIATED PRESS

There was no fire alarm. There were no sprinklers or fire escapes. And when a band member tried to put out a fire that had been started by pyrotechnics, the extinguisher didn't work.

All the elements were in place for the tragedy at the Kiss nightclub early Sunday.

The result was the world's worst fire of its kind in more than a decade, with 231 people dead and the southern Brazilian college town in shock and mourning.

Funerals began on Monday, as reports continued to emerge about the accumulation of neglect and errors at the packed night spot.

According to state safety codes here, clubs should have one fire extinguisher every 1,500 square feet as well as multiple emergency exits. Limits on the number of people admitted are to be strictly respected. None of that appears to have happened at the Santa Maria nightclub.

"A problem in Brazil is that there is no control of how many people are admitted in a building," said Joao Daniel Nunes, a civil engineer in nearby Porto Alegre.

THE ASSOCIATED PRESS

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Protesters run for cover during clashes with riot police near Tahrir Square, Cairo. KHALIL HAMRA/THE ASSOCIATED PRESS

Morsi fails to keep Egypt from revolt

Five days of violence. Nighttime curfew and army presence don't prevent protests, riots

Protesters battled police for hours in Cairo on Monday and thousands marched through Egypt's three Suez Canal cities in direct defiance of a nighttime curfew and state of emergency, handing a blow to Islamist President Mohammed Morsi's attempts to contain five days of spiraling violence.

Nearly 60 people have been killed in the unrest that has touched cities across the country but has hit hardest in the canal cities, where residents have risen up in outright revolt.

The latest death came on Monday in Cairo, where a protester died of gunshot wounds as youths hurling stones battled all day and into the night, with police firing tear gas near Qasr el-Nil Bridge. In nearby Tahrir Square, protesters set fire to an armoured personnel carrier.

Angry and screaming at times, Morsi on Sunday declared a 30-day state of emergency and a nighttime curfew on the three Suez Canal cities of Suez, Ismailiya and Port Said and their provinces. He instructed police to deal "firmly and forcefully" with the unrest and threatened to do more if security was not restored.

But when the 9 p.m. to 6 a.m. curfew began Monday evening, crowds marched through the streets of Port Said. In Ismailiya, residents organized street games of soccer to emphasize their contempt.

Army troops backed with tanks were deployed in Port Said and Suez, but they did not intervene to enforce the curfew. THE ASSOCIATED PRESS

To the end

"I will be coming back here every day until the blood of our martyrs is avenged."

Islam Nasser, 19, wearing a Guy Fawkes mask as he battled police in Tahrir Square.

Plane crash

Memorial service held in Antarctica

A memorial service has been held in Antarctica to honour three Canadians who died in a plane crash there last week.

The U.S. National Science Foundation said the men made the ultimate sacrifice while supporting research in a hostile environment. THE CANADIAN PRESS

Mexico

Ten bodies pulled up from well

Searchers pulled 10 bodies from a well in Mexico on Monday near the site where 20 members of a music group and its crew disappeared last week, according to a forensic official. THE ASSOCIATED PRESS

Netherlands. Queen to abdicate, leaving throne to first king in a century

Dutch Queen Beatrix announced Monday that she will abdicate on April 30 after 33 years as the head of state, clearing the way for her eldest son, Crown Prince Willem-Alexander, to become the nation's first king in more than a century.

The announcement comes just days before Beatrix's 75th birthday, and she is already the oldest ever Dutch monarch: the pragmatic Dutch do not see being king or queen as a job for life. The nation also celebrates the 200th anniversary of its monarchy, the House of Orange, at the end of this year.

Observers believe she remained on the throne for so long in part because of unrest in Dutch society as the country struggled to assimilate more immigrants, mainly Muslims from North Africa, and shifted away from its reputation as one of the world's most tolerant nations. THE ASSOCIATED PRESS

Queen Beatrix, Prince Claus and a baby Willem-Alexander in 1968. MARIO TORRISI/THE ASSOCIATED PRESS FILE

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Call of the mountain lures powder hounds

Extreme winter-sports warrior. Despite almost dying in an avalanche, Jeremy Hanke is still drawn to the wilds of B.C.'s mountains

KATE WEBB
kate.webb@metronews.ca

Former professional snowboarder and snowmobiler Jeremy Hanke still lives for snow, despite its having taught him some hard lessons. TYLER RIDDELL/CONTRIBUTED

Discovering B.C.'s backcountry 20 years ago was the moment that Jeremy Hanke says turned his life around.

He got his first taste of extreme winter sports at 15 after moving from his adoptive grandparents' home in southern Alberta to the northern B.C. town of Mackenzie to live with a different side of his family.

He was troubled and, in his own words, headed down the wrong path — until some friends handed him a snowboard and introduced him to Powder Keg Mountain.

"With everything that was going on in my life at the time, it seemed to be the answer of peace and solitude and motivation," he told Metro during a recent interview in Revelstoke, B.C., where he now works as an avalanche safety educator for snowmobilers.

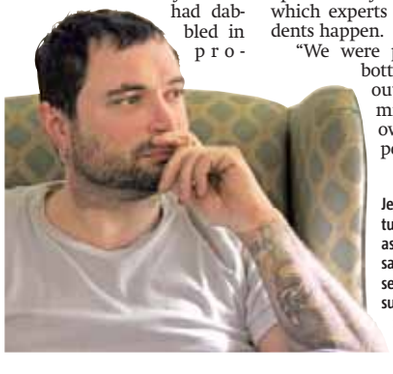
"It's the feelings that you get out there, it's the friends that you're with, the experience in the mountains.

"To be honest with you, if it wasn't for snowboarding or what I do here, I'd probably be in a jail cell somewhere."

Before long, snowboarding took over his life entirely, Hanke, 35, said. He spent summers working in the Alberta oil patch so he could spend whole winters boarding the backcountry in Canmore and Banff in Alberta and Fernie, Golden and finally Revelstoke, in B.C., where he eventually settled.

By 25 he had dabbled in professional snowboarding and started getting into snowmobiling as a way to enable himself to go farther into the backcountry.

He didn't expect that despite all his avalanche-safety training, someone else's lack of experience would almost cost him his life.


Jeremy Hanke turned to a career as an avalanche-safety educator several years after surviving one. MATT KIELTYKA/METRO

BURIED ALIVE

Hanke had just dropped down a cliff encrusted with a thick, unstable snowpack in March 2004 to join a group of fellow experienced snowmobilers when he heard the distant rumble of another group of sledders coming toward them.

The avalanche danger that day was listed as "considerable" — not high or extreme, which might have kept them inside, but the dangerously optimistic yellow zone in which experts say most accidents happen.

"We were parked at the bottom of the run-out, which was a mistake of our own, and exposed to a slope above ourselves," Hanke recounted.

Recognizing the danger, he and his friends began to position themselves for escape — but it was too late. Two men from the other group began climbing the slope right above them, and one of them triggered a Size 3 avalanche (on a zero-to-five scale), burying his companion, along with Hanke and three of his friends, under up to two metres of snow.

Waiting to be rescued

> **"I kind of just lost that hope for the last minute and went to sleep."**
> Jeremy Hanke

"There's one rule in the backcountry: You never climb or scan or travel above somebody else on any sort of avalanche terrain," Hanke explained. "No fault of their own — I just don't think they had the knowledge."

In the terrifying minutes that followed, those in Hanke's group who weren't buried were able to rescue the others using their beacons, probes and shovels — the life-saving holy trinity of any avalanche kit. Hanke was the last to be rescued, spending eight to 10 minutes under the crushing weight of the icy debris.

"I kind of just lost that hope for the last minute and went to sleep," Hanke recalled.

"My tongue was in the back of my throat when they pulled me out. When a friend of mine pulled me out he was really nervous that my back was broken and one leg was over above my head. I looked like Gumby, and I was blue."

It turned out that he looked to be in worse shape than he was in, and Hanke ended up walking away with no injuries other than some oxygen deprivation. But not everyone was so lucky.

One of the two men from the other group, a 29-year-old from Alberta with a wife and young children back at the hotel, had forgotten his transceiver that day. He was buried for almost half an hour and did not survive.

DAY 2

THE RISK

Tomorrow: The Rescuers
Meet the two- and four-legged frontline avalanche responders.

BREAKING THE SILENCE

Hanke says he did not speak publicly about his shocking experience for six years, but was back on his sled three weeks later. He said he has never spoken to a psychologist or counsellor, although the emotional trauma of what he felt and saw still lingers.

But three years ago Hanke broke his silence after a friend reached out to him on behalf of avalanche-safety educators who were trying hard to engage the newest and fastest-growing contingent of backcountry users — snowmobilers like him.

Since then, Hanke said he has told his story to backcountry enthusiasts and the media at least 100 times. He still cries every time but he continues to tell it for two reasons.

First, Hanke hopes the mistakes that were made — both his and those of the others — will inspire more people to get training and carry an avalanche kit with them at all times.

The second, he said, is more personal. As he started to explain, he paused, took some deep breaths. "For some odd reason I feel like it gives meaning to the person that lost his life — the father that was lost, the husband that was lost, the friend that was lost — so that he didn't die in vain."

Exclusively online

Jeremy Hanke
WREN MCELROY/CONTRIBUTED

To watch a video of Jeremy Hanke recounting what it was like to be buried in an avalanche, visit metronews.ca/survivor

Emma-Jane Hetherington ski-tours through the backcountry near Duffey Lake, which is about a three-hour drive from Vancouver.
DYLAN LABELLE/FOR METRO

Backcountry use is in our Canadian DNA

Answering the call of the wild is simply a way of life in this country.

"Winter in the mountains is part of the Canadian experience," says Ilya Storm, forecast co-ordinator for the Canadian Avalanche Centre in Revelstoke, B.C. "We come from a country of igloos and fur traders and birch-bark canoes. We love our snowshoes, and in today's world it means split snowboards and skis. Being out in the mountains is a great thing."

And, experts say, proper risk management can ensure that the dangers associated with venturing into the mountainous backcountry don't outweigh the rewards.

In fact, those tasked with keeping the public safe are also some of the staunchest supporters of the public's right to explore Canada's vast provincial and federal parks.

"It can be done safely. Closing access — that's not the answer," says Brent Hillier, an Avalanche Skills Training instructor at Vancouver's Canada West Mountain School. "For people that do go into the backcountry, it's where we learn about ourselves. It's where we really understand what's important in life. It's who we are. You can't take that away from us."

Parks Canada has enforced a winter-permit system for users of Glacier National Park in an effort to keep backcountry users safe.
CONTRIBUTED/PARKS CANADA

It's an experience that empowers locals, and is sold to international visitors as part of our nation's appeal.

"It's amazing every day," says Grant Statham, mountain-risk specialist for Parks Canada and a mountain guide. "People come out to enjoy some peace and quiet. The skiing is awesome, you get beautiful soft powder flying over your forehead all day long — it's just fantastic."

Revelstoke may be a small B.C. community nestled in the mountains along the Trans-Canada Highway (415 kilometres west of Calgary and 564 kilometres east of Vancouver) but it's carved out a big reputation for itself on the world stage.

"This is the epicentre for backcountry skiing," says Rob Elliot, general manager of the Revelstoke Mountain Resort. "We just sell good skiing. People love this area: It's so easy to traverse into great alpine terrain and tree skiing."

Statham says backcountry trips are all good things at once: spiritual journeys, social occasions and great exercise.

And the more people do it, the more they're hooked.

"The more you learn about the mountains, the more interesting they become," says Statham, one of the architects of Canada's existing avalanche-danger scale and forecasts. "You begin to understand them. You learn the science of snow, see how it changes if the wind blows in a specific direction. There's a lot to learn and appreciate."

MATT KIELTYKA/METRO IN VANCOUVER

A slice of Canadiana

"It's where we really understand what's important in life. It's who we are. You can't take that away from us."

Brent Hillier, Avalanche Skills Training instructor at Vancouver's Canada West Mountain School

Canucks running to the hills in record numbers

More people than ever are heading for the hills

Across the board, the so-called "avalanche industry" is in agreement that the number of people skiing, snowboarding, sledding and touring through Canada's wilderness is increasing massively.

Just how many people go into the backcountry, however, remains a mystery.

"It's hard to know what goes on in the mountains," admits Ilya Storm, Canadian Avalanche Centre forecast co-ordinator. "We only talk about the fatalities, in part, because they're tracked."

Storm says the number of avalanche-related deaths in Canada hovers at around 14 people each year, but the number isn't necessarily indicative of how dangerous the backcountry may be.

"Fourteen fatalities for 100,000 backcountry users is a way better story than 14 fatalities for 50,000 users," he says. "We don't really know what the rate of avalanche fatalities and close calls are."

Backcountry skiers have established a good safety record through decades of industry growth, but new at-risk user groups are emerging.

Sledders — aided by rapidly improving technology — now account for nearly 41 per cent of avalanche fatalities in B.C.

"(Snowmobiles) make the mountains much more accessible," says Storm. "You don't need to be super skilled to be able to do the things hotshots were doing just a handful of years ago. Sleds have just become better, and now the hotshots are pushing it (further into the backcountry)."

The popularity of snowshoeing as an affordable winter fitness activity — especially in the many provincial parks that are, quite literally, at Vancouver's doorstep — is also placing a new group at risk.

"It's a user group that's exploding, I'd say exponentially," says Brent Hillier, a snowshoe guide and Avalanche Skills Training instructor. "With $200 you can get everything you need to go snowshoeing. It's a great way to take people out there, but at the same time there isn't as much awareness of the risk in that world."

Now the race is on to get the new generation of backcountry users trained and conscious about their safety.

"People don't go out thinking they're doing anything that's unduly risky," says Storm. "If we can help people match their perceptions to the reality, that's what I see as our goal."

MATT KIELTYKA/METRO IN VANCOUVER

Backcountry by the stats

14
The approximate number of annual avalanche-related deaths in Canada, according to the Canadian Avalanche Centre.

7,000
The number of people who take Avalanche Skill Training courses each year.

1.4M
The approximate number — 1,413,230 to be more precise — of requests for public avalanche forecasts in 2011-12.

124%
The increase in users at Glacier National Park from 2009 to 2012.

Credit crunch

Visa system suffers temporary outage

Visa's credit card system was once again working around 5 p.m. Monday after it crashed earlier in the afternoon, leaving Canadians to reach for their billfolds. "Visa is 100 per cent operable ... The issue is with a third-party provider, and we will be issuing a more detailed statement soon," said a spokesperson. TORSTAR NEWS SERVICE

Music streaming

Rdio offers free six-month trial

In a bid to boost its market share amongst Canadian eardrums, Rdio is offering free access to its streaming music library for up to six months. "We just want to be able to give everyone the opportunity to experience Rdio," said company spokesperson Marisol Segal.

The site was launched across North America in 2010, and its online library has grown to include over 18 million songs.

Although similar companies like Pandora and Spotify have not made their services available in Canada — citing things such as data caps, population size and regulatory issues — Segal says the country was always a priority for Rdio.

Users can sign up for the free trial at rdio.com. Afterwards, plans cost $4.99 a month for unlimited web streaming, or $9.99 for unlimited web and mobile access. LUKE SIMCOE/METRO

Market Minute

DOLLAR 99.35¢ (Unchanged)

TSX 12,815.91 (-0.71)

OIL $96.44 US (+56¢)

GOLD $1,652.90 US (-$3.70)

Natural gas: $3.27 US (-17¢)
Dow Jones: 13,881.93 (-14.05)

One-percenters rake in 10% of national income

Income disparity. StatsCan data shows gap between the richest and the rest has narrowed slightly

The recession and subsequent weak recovery appear to have taken a bite out of Canada's top income earners — but they are still doing better than the rest, and many suspect the setback is temporary.

Statistics Canada reported Monday that the top one per cent of the country's 25.5 million tax filers earned at least $201,400 in 2010, accounting for 10.6 per cent of the nation's total income — down from the 12.1 per cent peak in 2006.

The latest data finds the biggest narrowing in the gap between the top one per cent and the rest occurred in 2008 and 2009, when the Canadian economy was in the midst of a deep recession and the stock market lost about half its value.

By 2010, however, the recession-effect on income disparity appeared to be diminishing. There was only a slight drop-off for the top earners — from 10.7 per cent to 10.6 per cent of the national income — between 2009 and 2010.

Andrew Sharpe, executive director of the Centre for the Study of Living Standards, says he doubts the new data indicate a trend toward greater income equality because top earnings are more dependent on investments and capital gains.

"It's likely a cyclical phenomenon," Sharpe said. "There's a lot of forces in society that leads to the concentration of income. It's hard to say what's going to happen, but I wouldn't say it will continue to fall for the top one per cent." THE CANADIAN PRESS

Wealthy women

53,200

There are 53,200 Canadian women in the one per cent club — or 21 per cent of the total — compared to only 11 per cent in 1982.

Canadian icon Gordon Lightfoot, right, made an appearance at Occupy Toronto in November 2011 to support his daughter Meredith in her protest against income disparity. Statistics Canada reported Monday that the top one per cent of earners in this country took home at least $201,400 in 2010. TORSTAR NEWS SERVICE FILE

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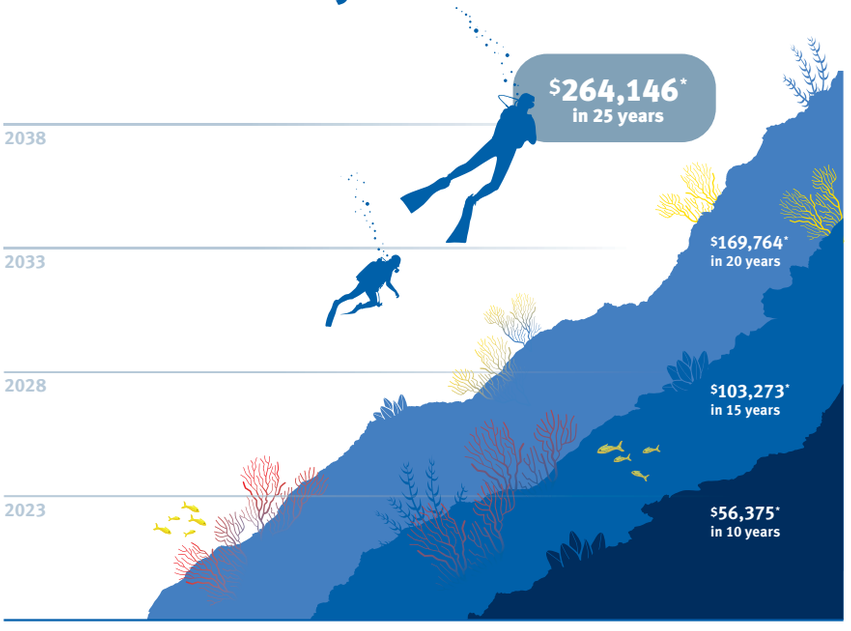

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CONSUMER GUILT & THE PROBLEM WITH DISPOSABLE PARTY DRESSES

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

A group of 15 women showed up at my friend Sarah's apartment earlier this month with suitcases, laundry baskets and milk crates full of items they no longer wanted. There were piles of old books, DVDs and housewares, but mostly there were clothes. Oh, the clothes: piles and piles of gently used sweaters, polyester party dresses and jeans in every shade of denim imaginable. There were racks of sun-bleached maxi dresses and office-appropriate pencil skirts. Some items still had the tags on.

Swap parties — an increasingly popular activity among the frugal and fashionable set — are an excellent way to purge your unwanted castoffs and acquire some new wardrobe pieces without pulling out your credit card. Over the course of two hours, women stripped down in Sarah's living room to try on clothes, and eyed each other competitively as they ravaged the mounds of silky blouses and novelty-printed tank tops.

Once the swapping concluded, the remaining items were packed up in garbage bags to be donated to a local homeless shelter.

Swap till you drop

As I looked around at the outfit carcasses strewn about the apartment, I felt sick at the wastefulness of it all and left the swap party vowing to curb my own gratuitous spending.

While there is definitely a feel-good element to this form of sustainable shopping, I couldn't help feeling horrified at the hundreds of dollars' worth of stuff we had all managed to accumulate. As I looked around at the outfit carcasses strewn about the apartment, I felt sick at the wastefulness of it all and left the swap party vowing to curb my own gratuitous spending. I wasn't proud when, just a few days later, I found myself waiting in line to purchase a $39.99 pair of "leather" leggings.

Human beings spend more than $1 trillion a year on clothing worldwide — an estimated one-third of those consumers come from North America. A significant percentage of this booming market can be ascribed to the enticements presented by ill-fitting runway knockoffs churned out by European chains like H&M and Zara. Shoppers are insatiable when it comes to poorly constructed trendy clothes, but we neglect to think about the environmental consequences of our excessive consumption.

It can be hard to resist the temptation of fast fashion when you're at an age (and in an income bracket) that favours accessible fads over investment pieces. But we need to work at recognizing the difference between a want and a need and reconciling our cravings for affordable fashions with our obligation to become conscious consumers — not only for ethical and environmental reasons but because it would be nice if our clothes didn't expire faster than a container of yogurt.

Today's fad, tomorrow's castoff.
NEILSON BARNARD/GETTY IMAGES FOR H&M

Follow Jessica Napier on Twitter @MetroSheSays

A whale of a suite deal

CHRISTIAN STROMQVIST

Carving out a niche

Icy 'whale' room helps save oceans

This interior may chill your bones, but the intention behind its design will surely warm your heart.

Designer Andrew Winch's commission to build the recently unveiled "whale" suite at the Icehotel in Jukkasjärvi, Sweden, will be donated to efforts to save the world's oceans, ecologist group Blue Marine Foundation (BLUE) has announced.

METRO WORLD NEWS

BLUE's point of view

"Awareness is good news for the world's oceans. Today, only 2.3 per cent of them are under protection. Sadly, marine conservation is, for the moment, out of sight and mind."
Rachel Etherington, managing director at Blue Marine Foundation

Totally chill design

- **Cost.** For one person, a night in the Whale Suite starts from a cool 3,250 Swedish krona ($506).
- **Temperature.** The Icehotel's room temperature is a balmy -5 degrees, compared to -30 degrees outside.
-
Melting. The Icehotel is built in November and melts in May. The melting process takes four to six weeks.

Taking stock

'Fountains' of fish could flourish in protected seas

While news that popular oily fish mackerel is no longer sustainable points to our oceans' woes, ongoing conservation projects can revive fish stocks "within five years," according to BLUE's Rachel Etherington.

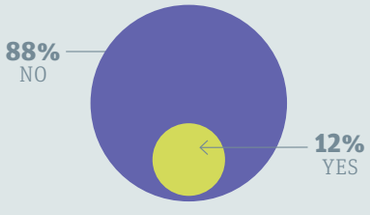
"If we set up 'no take zones,' such as the Chagos Archipelago in the Indian Ocean, 'fountains' of fish stocks can thrive, migrate and populate elsewhere," Etherington told Metro.

METRO WORLD NEWS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Will you be attending the NKOTB, 98 Degrees, Boyz II Men reunion tour?



Twitter

@MikeKlassen: More political leaders should do #dayinthelife like @pmharper is today. #cdnpoli

@Kevincc: And so it begins. Heard First pre-election attack ads on the radio this morning. #BCpoli

@BCheadle: The PM's #dayinthelife thing is going to provide @rickmercer with material for weeks.

@Ryansdds: Best part about new positive @adriandix ad? It wasn't paid for by the tax payers.

@Stephen_taylor: @pmharper comes out strong in his #dayinthelife series. Cat picture on the Internet? Someone has been studying.

@WesternModerate: Any moderates out there in #BCPoli world who feel that they don't have a real party that speaks to them?

metro

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DVD review

Paranormal Activity 4

Director. Henry Joost, Ariel Schulman

Stars. Kathryn Newton, Katie Featherston, Alexondra Lee

Ever since Oren Peli first made bank in 2009 with his found-footage combo of grainy videos, pesky demons and skittish homeowners, the push has been on to have a new chapter of the slowly evolving Paranormal Activity saga out every Halloween. The quality isn't keeping pace with the production quota. Directors Henry Joost and Ariel Schulman, back for more after helming the superior PA3, take story strands from the first three movies and try to stitch them into something resembling a cohesive narrative. It's a stretch and also not all that scary. PA4 picks up the dangling plot line from PA2 where poltergeist-plagued Californian Katie (Katie Featherston) vanished in 2006 along with her baby nephew Hunter. This is hitched to strange 2011 goings-on in a Nevada household. The expository prequel that was PA3 is all but forgotten until the confusing ending of this film. You follow? It doesn't really matter, because it's all faint-by-numbers this time, without even a cool device like the low-tech fan cam from PA3 to interest us or really scare us. Extras include the unrated version of the film plus a half hour of "found footage."

PETER HOWELL

Ashton Kutcher stars in jOBS, which was the closing film at the Sundance Film Festival. THE ASSOCIATED PRESS

Kutcher up to the jOB

Method man. Actor took his starring role in Steve Jobs biopic seriously — even risking his health for it

Ashton Kutcher says playing Steve Jobs on screen "was honestly one of the most terrifying things I've ever tried to do in my life."

The 34-year-old actor helped premiere the biopic jOBS — the closing-night film at the Sundance Film Festival — on Friday. In the movie, Kutcher plays the Apple Inc. founder from the company's humble origins in the 1970s until the launch of the first iPod in 2001. A digital entrepreneur himself, Kutcher said he considers Jobs a personal hero.

"He's a guy who failed and got back on the horse," Kutcher said. "I think we can all sort of relate to that at some point in life."

Kutcher even embodied the Jobs character as he pursued his own high-tech interests off-screen.

"What was nice was when I was preparing for the character, I could still work on product development for technology companies, and I would sort of stay in character, in the mode of the character," he said. "But I didn't feel like I was compromising the work on the film by working on technology stuff because it was pretty much in the same field."

But playing the real-life tech icon who died in 2011 still felt risky, he said, because "he's fresh in our minds."

"It was kind of like throwing myself into this gauntlet of, I know, massive amounts of criticism because somebody's going to go, 'Well, it wasn't exactly ...'" Kutcher said.

While the filmmakers say they tried to be as historically accurate as possible, there was also a disclaimer at the very end of the credits that said portions of the film might not be completely accurate.

Still, realism was always the focus for Kutcher, who watched "hundreds of hours of footage," listened to Jobs' past speeches and interviewed several of his friends to prepare for the role.

The actor even adopted the entrepreneur's "fruitarian diet," which he said "can lead to some serious issues."

"I ended up in the hospital two days before we started shooting the movie," he said. "I was like doubled over in pain, and my pancreas levels were completely out of whack, which was completely terrifying, considering everything."

Jobs died of complications from pancreatic cancer.

Still, Kutcher was up to the challenge of playing Jobs, in part because of his admiration for the man who created the Macintosh computer and the iPod. "I admire this man so much and what he's done. I admire the way he built things," Kutcher said.

The film also shows Jobs' less appealing side, withholding stock options from some of the company's original employees and denying child support to the mother of his eldest child.

Kutcher still found the man inspiring. Jobs had a singular focus, Kutcher said, and felt like anyone could change the world.

"I don't know if there's ever been an entrepreneur who's had more compassion and care for his consumer than Steve Jobs," Kutcher said. "He wanted to put something in your hand that you could use and you could use it easily ... and he really cared about that."

THE ASSOCIATED PRESS

King on gun control

Penning for action.
Horror writer offers his take on contentious issue in an essay released Friday

Stephen King has penned an essay titled Guns. THE ASSOCIATED PRESS

Horror writer Stephen King is seeking to provoke a discussion on gun control and gun rights following the school shooting massacre in Newtown, Conn.

The Maine native is a gun owner.

He calls for three "reasonable measures" to curb gun violence in an essay titled Guns, released Friday as a Kindle single through Amazon.

King says he wants background checks on all gun sales and bans on high-capacity magazines and military-style weapons like the rifle used in the Newtown shooting, which killed 20 children and six school officials.

King describes a pattern of mass shootings in which anger and frustration give way to political rhetoric before discussions of gun control "disappear into the legislative swamp."

He says on his website: "If this helps provoke constructive debate, I've done my job."

THE ASSOCIATED PRESS

Quoted

"If this help provoke constructive debate, I've done my job"

Stephen King on his gun control essay

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Rick Ross is in all sorts of trouble, as is the delightful Chris Brown

THE WORD
Dorothy Robinson
scene@metronews.ca

First up is Mr. Ross, who crashed his Rolls-Royce into an apartment building around 5 a.m. on Monday. The rapper was apparently trying to flee from an attempted drive-by shooting in Fort Lauderdale. Authorities say unknown suspects fled before police arrived and that Ross and his companion were unharmed. That apartment building and Rolls — not so much.

Also on Monday, but on a different coast, Chris Brown and Frank Ocean were reportedly at the center of a brawl outside a Los Angeles recording studio.

The dispute erupted over a parking spot, with members of both men's entourages kicking off the fight. Brown, no stranger to brawls, left the scene before police arrived, though Ocean and his team stuck around to give a statement. Because of that, police are classifying Ocean as "the victim," a law enforcement source tells the website. Ocean took to Twitter to address the fight, posting, "got jumped by Chris and a couple guys.

I only wish [his dog] Everest was there. Cut my finger now I can't play with two hands at the Grammys."

Ha. I love how Brown likes to think of himself as the bad boy of R&B — and he gets into a fight over a parking spot. His street cred is seriously impressive.

Canada ain't too keen on Quaid

It looks like Canada doesn't want Randy Quaid hanging around much longer. The troubled actor — who along with his wife, Evi, face felony vandalism charges in Santa Barbara, Calif. — applied for permanent resident status in Canada, but the request has been denied, a Canadian government official confirms to the Washington Times. U.S. officials have not sought the actor's extradition, but Santa Barbara authorities have made it clear they plan to have the couple arrested if they set foot back on U.S. soil.

Ben and Jen trying to keep kids out of the biz

Ben Affleck and Jennifer Garner ALL PHOTOS GETTY IMAGES

Hollywood has been pretty good to Ben Affleck and Jennifer Garner, but that doesn't mean they want any of their three children going into the business. "I would do whatever I could to discourage that," Affleck tells E! News. "My kids have enough issues of being exposed in ways that I don't want them to be exposed, in magazines and shows and stuff." But if daughters Violet, 7, and Seraphina, 4, or 11-month-old son Samuel should show interest in acting? "You know, if you're interested in drama, there's great theatre classes and stuff and that's what's appropriate," Affleck says.

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Time to tune up your finances

Take control of your cash. Take the first step to put good spending and saving habits in place

JANE DOUCET
For Metro

Do you feel like you never have enough money at the end of the month? And you can't figure out where your paycheques are going? If so, you aren't alone.

"Not knowing where money is being spent is one of the most common financial issues people have," says Harley Lockhart, the chair of Advocis, The Financial Advisors Association of Canada. Lockhart is also a certified financial planner and senior adviser at Quail Ridge Financial in Kelowna, B.C.

The good news? It's never too late to take control of your cash. "No amount is too small to start saving," Lockhart said. "Taking the first step can be tough, but it gets easier after you've put some good spending and saving habits in place."

Lockhart offers these tips on how to better manage your hard-earned dollars.

Pinpoint your goals

"My key role is to help identify financial issues that are creating stress for people, then help them focus on how to relieve those stressors," Lockhart said. He helps clients figure out what's important to them over both the short and long term — perhaps paying off debt or saving for a vacation, wedding or retirement — then creates a financial plan to help them meet those objectives.

Track your spending

An easy way to analyze expenses is to keep all of your daily receipts, then at night write down on a piece of paper each total and what it bought. Lockhart asks his clients to do this for a month, then meet with him to review the results. "Suddenly, they realize just how expensive their daily Starbucks coffee or takeout lunch is," he said.

Create and stick to a budget

Lockhart likes to impart this pearl of wisdom to clients:

Common issue

"Not knowing where money is being spent is one of the most common financial issues people have."

Harley Lockhart, chair of Advocis, The Financial Advisors Association of Canada

"If your out-go exceeds your income, your upkeep will be your downfall." In other words, if you spend more than you earn, you will go into debt trying to maintain a lifestyle you can't afford.

"That applies regardless of how much you make," Lockhart said. He helps clients draft realistic budgets that don't deprive them of affordable treats so they don't feel deprived.

Don't bank on "bonus" cash

Wishing for a lottery windfall or an inheritance from a wealthy relative? Don't count on it. "An estate settlement may not contain what you expect," Lockhart said.

"The only money you're going to have in the future for certain is what you're going to send there yourself."

It's never too late to take control of your cash. HEMERA/THINKSTOCK

Penalties. Canadians using RRSPs for illness costs

TALBOT BOGGS
Smart Investing

As they age, more and more Canadians are withdrawing money from their RRSPs to cover expenses incurred by critical and long-term illnesses, incurring heavy tax penalties and damaging their long-term retirement savings.

"We are seeing a trend among people to dip into their RRSP savings to cover costs or replace income that they might lose because of a serious injury or illness," said James McKeown, a senior insurance specialist with Edward Jones.

"Early withdrawal of money from your RRSP can have a number of consequences. Once the money is out you have to start over again to save it and you also lose the compounding growth that you would have gotten if it had stayed in."

As well, the government taxes early withdrawals very heavily. If you withdraw up to $5,000, you pay a 21 per cent withholding tax in Quebec and 10 per cent in all other provinces. Withdrawals between $5,001 and $15,000 are taxed at 26 per cent in Quebec and 20 per cent in other provinces, and early withdrawals more than $15,000 are taxed at 31 per cent in Quebec and 30 per cent in all other provinces.

And there's another penalty. Once you have withdrawn the money it is removed from the contribution room available to you and you cannot recontribute it later. If you have $30,000 contribution room and take out $15,000, you are left with only $15,000 of contribution room.

Many aging Canadians are turning to critical illness, disability and long-term care insurance as an alternative way to protect themselves from the financial impact of a serious illness or disability.

Critical illness insurance is designed to provide a lump sum payment of cash upon medical diagnosis of a specific condition. The number of conditions covered varies depending on the insurance company, but could be as high as 24.

THE CANADIAN PRESS

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Health

Connecting the dots on exercise and health

Your triglyceride levels might stay on an even keel if you participate in light exercise, especially after meals, the journal of the American College of Sports Medicine reports.

Researchers looked at healthy participants not currently taking part in an exercise program.

Once the participants ate a meal and began a low-intensity regimen of walking and resistance exercises, their triglycerides' elevation levels were suppressed. To a lesser extent, eating after exercising had similar effects.

"High triglyceride levels can put individuals at risk for cardiovascular disease, heart attack, and other heart-related conditions," said lead investigator Wataru Aoi, of Kyoto Prefectural University in Kyoto, Japan. "Regular exercise is a good way to keep triglycerides from becoming elevated, and the results of this study may help individuals manage their triglyceride levels more effectively by considering the timing."

The reports appear in the February edition of Medicine & Science in Sports & Exercise.

MEREDITH ENGEL, MWN

Don't be that kind of gym rat

Etiquette. How to deal with annoying people during your daily workout and how not to become one of the offenders

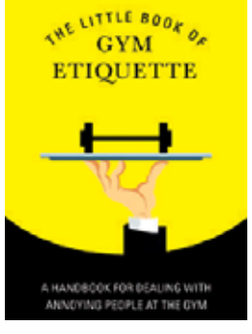
LINDA CLARKE
Metro World News

Lori Pines, a lawyer and avid gym-goer in New York City, was so fed up with bad gym behaviour interrupting her workouts that she wrote The Little Book of Gym Etiquette: A Handbook for Dealing with Annoying People at the Gym.

So, what's her biggest peeve?

"People leaving their things all over the place — towels, used water bottles, reading matter. They might be done with it, and they just leave it. They leave a water bottle on a machine and expect you to deal with it.

"People go to the gym to focus on themselves," Pines says.



The gym is a shared space. Make sure you're doing your part to keep it up and running. ISTOCK PHOTOS

"That's what it's all about — but you have to be aware of your impact on others around you, too. People don't try to be annoying, but they often aren't aware how they're affecting others."

If you're exasperated with a fellow exerciser, Pines says to try to let it roll off your back.

"The best thing to do is to stay calm. Go to another part of the gym. Try and laugh it off."

How's your etiquette?

Here is Pines' checklist for what to remember:

- **Don't be a slob.** "This applies to leaving things around, but also to cleanliness. In the locker room, there's nothing wrong with being naked — but put a towel down on the bench before sitting."
- **Don't be a hog.** "There's always one piece of equipment that everyone wants to use. Talk to the manager and ask them to enforce a time limit. Make sure that it's posted on the equipment."
- **Don't be a space invader.** "One example is the StairMill. People kick their legs out, wave their arms, go backward. It's really annoying to people on the next machine."
- **Don't be an exhibitionist.** "Exhibitionists wear inappropriate clothing with body bits hanging out. They make excessive noises."
- **Don't be a super-talker.** "Chatterboxes are so distracting. Cellphone talkers, trainers who talk loudly. Be friendly, but extensive conversation is not the objective at the gym."

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Tropical escape on a plate: Swordfish with Mango Salsa

ROSE REISMAN
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rosereisman.com

Any firm fish will work with this recipe; try tuna or shark.

The key to perfect fish is to never overcook it — fish is best when slightly undercooked.

Parsley or dill can be substituted for the cilantro, and pineapple, papaya or peaches for the mango.

The salsa is also delicious with chicken or pork.

1. Preheat the barbecue to high or set the oven to 425 F. Line a baking sheet with foil and spray with cooking oil.

2. Barbecue or bake the fish for 10 minutes per inch of thickness, or until it flakes easily when pierced with a fork.

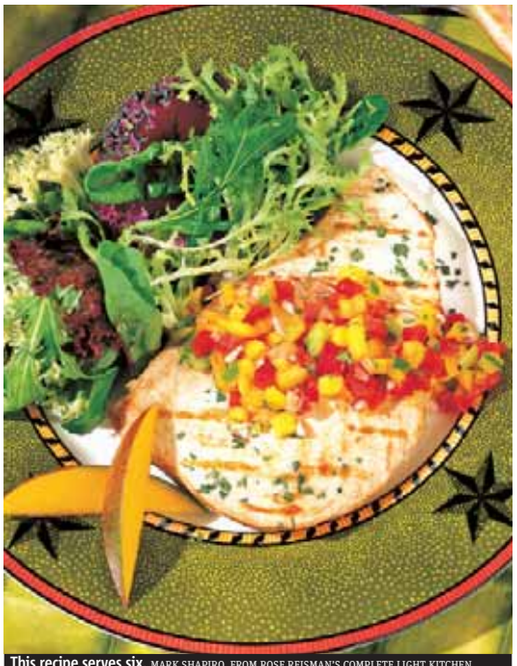
3. While the fish is cooking, combine the mango, red and green peppers, onion, cilantro, juice concentrate, lemon juice, oil, garlic and sugar in a bowl. Mix thoroughly. Serve the fish with the salsa spooned overtop.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN.

Ingredients

Prep time: 15 minutes
Cook time: 10 minutes

- Six 4-oz swordfish steaks
- 1 1/2 cups finely diced mango
- 3/4 cup finely diced red bell pepper
- 1/2 cup finely diced green bell pepper
- 1/2 cup finely diced red onion
- 1/4 cup chopped cilantro
- 2 tbsp orange juice concentrate
- 1 tbsp freshly squeezed lemon juice
- 2 tsp olive oil
- 1 tsp minced fresh garlic
- 1/2 tsp granulated sugar



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

Good ol' topical coffee

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Don't you dare throw out those coffee grounds and tea bags! You are going to use them to replenish your tired, winter skin.

The anti-oxidants in both, along with the anti-inflammatory properties that they have, are just as potent when applied topically. To boot, they constrict blood vessels and can reduce redness, which may be helpful when Jack Frost does his bit on your cheeks.

Green Tea Bath

Some of the finest spas provide hot tubs infused with green tea. For an overall skin soother, tie a handful of loose leaf green tea (cheap in Asian markets!) into a j-cloth. Let it infuse in the tub while it is running. You can save this tea sack for two or three days and use a few times over.

Tea Bags

Great soothers for tired eyes once they cool off. Freeze them and spend a few minutes with them on puffy eyes. Just remember to drink water to reduce puffiness from the inside and to wash off any tea stains or you risk reducing puffiness only to enhance dark circles.

Coffee ground

Excellent exfoliant for the body but a little too rough for facial skin. Rough knees, elbows, backs of arms that are suffering winter dryness are soothed and scrubbed in the tub. Use only tablespoons at a time lest you plug up a drain and have to go to a real spa to relax and recover from the plumbing problem.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

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Avoid the stress of RRSP season

Alison on Money.
Setting up an automatic contribution plan will help you deal with this stressful time

YOUR MONEY
Alison Griffiths
money@metronews.ca

RRSP season can be stressful for those who juggle several financial commitments. ISTOCK IMAGES

It's the best of times and the worst of times — RRSP season. Best if you've been tucking money away monthly, allowing you to ignore all the hype and look forward to a tax refund.

But it is the worst of times for those who juggle a myriad of financial commitments and haven't managed to make a dent in their contribution room.

According to a recent BMO Financial Group study, 75 per cent of Canadians with an existing RRSP have made some kind of contribution during 2012.

But nearly 50 per cent of us are planning on a lump sum deposit before the March 1 deadline for the 2012 tax year. And that intention spells stress as Canadians try to catch up because they haven't contributed enough during the year.

The maximum you can deposit to an RRSP for 2012 is $22,970.

However, not even a third of eligible Canadians make retirement contributions at all. Of that group, fewer than 30 per cent use up their annual contribution room.

It's too late to do anything about 2012 unless you have a source of cash to boost your RRSP deposit by the deadline.

But you can certainly avoid RRSP season stress next year by setting up an automatic or systematic contribution plan.

Contributing to an RRSP on a regular basis makes so much sense. Aside from anything else it reduces stress at a time of year when most people are short of funds after the holiday season.

A good strategy is to establish an automatic transfer from your bank account to your RRSP when your pay cheque is deposited. Those who are paid every two weeks will make 26 contributions annually.

Another tip is to pick an amount that's not going to cause financial stress. Don't aim for the stars. It's better to start small and increase it once you've adapted to having the money gone before it can be spent.

If you already have an automatic contribution plan, bump it up by five to 10 per cent and aim to do that every year at this time.

In numbers

$69,426.19

The value of $100 saved monthly for 25 years at six per cent average annual return (assuming dividends and interest re-invested).

Tax refunds make handy RRSP contributions. However, I prefer to see that money used to pay down debt.

It is better to imbed regular retirement savings in your financial life just as you do rent or mortgage payments.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Fitting the lottery into your plan

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Sometimes I daydream about what it would be like to win the lottery. I can only imagine how $20 million could change my life and those around me.

If invested in a growing business, it could double in value and would surely last a lifetime. Wow! But the odds are stacked against every lotto ticket purchaser — one in tens of millions of people win. So why play?

Many people that do are drawn to the game because if their "what if" daydream actually comes true, the financial reward is greater than what a lifetime of working could ever produce.

For most Canadians, however, winning the lottery will never happen. If you're banking on winning the lottery to provide enough for your retirement, think again.

You have the ability to improve your financial odds thousands of times over simply by sticking with tried and true savings principles.

Rather than purchasing $25 a week in lotto tickets, invest that in a tax advantaged savings plan like the RRSP. If you started contributing $25 a week at age 25, retired at 65 and earned eight per cent in your RRSP over the course of 40 years, you'd have $335,000 in retirement savings.

If you doubled that weekly amount, under the same scenario it would total $670,000 by retirement. (Run your savings scenario with the free retirement savings calculator at getsmarteraboutmoney.com.)

If, on the opposite side of the spectrum, you're making maximum contributions to your RRSP, TFSA and retirement savings program through work, then playing the lottery isn't the end of the world. It may actually improve your financial odds.

As with most things in life, moderation is key. If you're really feeling lucky, a lotto ticket purchase from time to time won't hurt. But don't play the lotto at the expense of paying your heating bill or making contributions to your retirement savings.

Always stick to tried-and-true financial planning principles; spend wisely, save and invest for your future (at least 10 per cent) and give back to your community.

Have a 'good' fight with your partner

Seek the truth.
Couples often fight about petty things while the real source of anger remains hidden

Fighting in relationships is inevitable. This is not necessarily a bad thing — working through conflicts only makes your bond stronger. Of course, there are completely unproductive ways to fight, and when we're fired up it's easy to fall into those patterns. The best thing you can do to ensure a "good" fight is to know what you're pissed about, and make sure you express it.

Knowing why you're mad can be trickier than you might imagine. Think about the things we tend to yell about. They're often small: leaving dishes in the sink, not taking out the trash or being 30 minutes late. Generally speaking, these small behaviours aren't the actual problem. Maybe they're annoying, but there's probably something deeper going on that made them so infuriating in the first place.

What we're truly upset about is generally much more profound and less nitpicky than what we express. We feel neglected, walked on, rejected or unloved. But because it's hard to pinpoint one specific behaviour that makes us feel this way, we grab onto something small yet tangible and have blow-out fights about three dirty plates.

We get mad about things that are easy to get mad about. These things don't illuminate past scars, current insecurities or deep-seated fears. They let us get out all our pain and anger without having to admit how much control our partner has over our happiness. But they also distract us from having conversations about what we really need. These feelings could poison the relationship if left unattended.

These more difficult issues that we're not confessing to our partners (and maybe even to ourselves) are the ones we need to bring up. Maybe we can't do it articulately. Maybe we don't have "facts" to support it. And maybe it makes us sound a little more vulnerable than we'd like to admit. But only by revealing your deepest wounds does your partner have any chance to heal them.

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LEARNING CURVE
Tuesday, January 29, 2013

ISTOCKPHOTO/THINKSTOCK

B.C. institutions receive research funding

The Canada Foundation of Innovation has allocated a combined $7.7 million for four of B.C.'s top research-driven post-secondary institutions to create the Prometheus Project.

The joint venture between the British Columbia Institute of Technology, Simon Fraser University (SFU), the University of Victoria, and the University of British Columbia, is meant to be a research hub for materials science and engineering innovation and commercialization.

Neil Branda, Canada Research Chair in Materials Science at Simon Fraser University and leader of the Prometheus Project, explained the idea behind the project in a media release.

"Our goal with the Prometheus Project is to turn our world-class research capacity into jobs and growth for the people of British Columbia," Branda said.

"We know that materials science is changing the way we create energy and fight disease. We think it can also help B.C.'s economy evolve."

The funding will allow the researchers to build their capacity in fabrication, device testing and advanced manufacturing, ensuring that they have the resources and expertise they need to compete globally.

The researchers involved in the Prometheus Project have created 13 spin-off companies, filed 67 patents and have generated 243 new processes and products.

AU student AnnMarie in Edmonton, AB

UBC campaign surpasses $1 billion

The University of British Columbia (UBC) recently announced that its Start an Evolution campaign had reached the $1-billion mark.

The post-secondary institution is now two-thirds of the way to its goal of raising $1.5 billion and to involving 50,000 alumni annually in the life of the university by 2015.

"I am deeply grateful to our alumni and donor community for their overwhelming support in this campaign," UBC president Stephen Toope said in a media release. "Their generosity and involvement is providing more student aid, improving learning environments, and extending the impact of research and community engagement. With their help, UBC can really be a catalyst for change and transformation."

The campaign is the largest of its kind in Canada. Since its inception, it has received in excess of 138,000 gifts with more than 90,000 of those coming from alumni, and more than 38,000 alumni have been involved in some way with the life of the university (76 per cent of the campaign goal).

Money raised through the campaign is to be used to enhance aspects of university life that are not covered by government funding.

To learn more about the campaign, visit startanevolution.ubc.ca.

DANIEL HENDRIKSEN

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UBC. School inks partnership

DANIEL HENDRIKSEN
For Metro

A new partnership aimed at advancing clean energy research has been reached between the University of British Columbia (UBC) and Germany's Fraunhofer Society.

The $4.9-million research partnership stems from a memorandum of understanding between the two establishments. The agreement supports collaborations on biomass-to-energy conversion, fuel cell and hydrogen technologies, wind turbine manufacturing, electrolysis and industrial aspects of solar cell technology.

"This partnership will allow both institutions to accelerate solutions for sustainability challenges facing the world," John Hepburn, UBC vice-president research and international, said in a press release. "The partnership is also a key component of UBC's international strategy to actively link with other global leaders to further knowledge discovery, development and demonstration that will benefit current and future generations."

Walter Mérida, associate director at UBC's Clean Energy Research Centre, will be heading the project for the Vancouver-based university. He will be joined by professors John Grace, David Wilkinson, Tony Bi and Yusuf Altintas.

UBC is the Fraunhofer Society's first Canadian partner for its ICON project. The German institution will contribute $3.26 million to the project, with UBC providing the remainder in the form of basic and applied research.

More information on sustainability at UBC can be found at sustain.ubc.ca.

Rotary Club of Langley president Garth Hansen, left, with Kwantlen Polytechnic University president and vice-chancellor Dr. Alan Davis.
CONTRIBUTED

Langley Rotary Club donates to Kwantlen

The Rotary Club of Langley (RCL) recently presented Kwantlen Polytechnic University president and vice-chancellor Dr. Alan Davis with a $25,000 cheque.

The donation to the school will create a $1,250 scholarship in memory of Rotary benefactor Marion Laurie. It will be presented annually to a KPU student studying community and health studies.

"By supporting education, the Rotary Club of Langley continues to have tremendous impact on lives that are transformed by the power of a university education," Davis said in a media release. "That impact grows exponentially as those transformed individuals go on to serve our communities as successful global citizens."

This latest donation brings the RCL's total financial contribution to KPU to almost $64,000, with every penny supporting numerous scholarships and awards provided to students on an annual basis.

"We are very proud of our nearly 20-year partnership with Kwantlen. Supporting youth to achieve a university education is one of the best ways we can give back to our communities by providing support to our future leaders and citizens," said Garth Hansen, president, Rotary Club of Langley. DANIEL HENDRIKSEN

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Langara College will stage the rock musical Spring Awakening in February. CONTRIBUTED

Langara presents Spring Awakening

DANIEL HENDRIKSEN
For Metro

The landmark rock musical Spring Awakening will soon be making its Western Canadian debut in Vancouver.

Studio 58 at Langara College will be presenting the winner of eight Tony Awards, four Drama Desk Awards, four Olivier Awards and a Grammy Award for best musical show album from Feb. 2-24.

The production is a musical adaptation of Frank Wedekind's controversial play, and explores teenage self-discovery and emerging sexuality against the backdrop of a repressive 19th-century Germany.

"It's shocking how fresh the story and characters created by Frank Wedekind over a century ago still feel today," director David Hudgins said in a press release. "Employing alt-rock riffs and edgy lyrics, the musical gets under your skin. The youth of Spring Awakening find themselves caught in the tumultuous experience of sexual awakening, self-definition and even self-destruction. The passion and transformation that is revealed day to day at Studio 58 is a wonderful starting place for the actors in this show. In theatre school, discoveries happen every day."

All shows will take place at Studio 58, Langara College, 100 West 49th Ave. in Vancouver. Tickets are available through ticketstonight.ca or 604-684-2787. Visit studio58.ca for showtimes and more information.

KPU students design website

Bachelor of technology in information technology students at Kwantlen Polytechnic University (KPU) have developed a new website for the consulate of Solomon Islands to Canada.

Chris Chu, Jeff Franzke, Antonio Su and Andrew Payne of KPU started developing the site in November, and in doing so, worked closely with government officials of the Solomon Islands.

Completed in December, the website has officially been launched and Ashwant Dwivedi, Solomon Islands, head of consular post and honorary consul to Canada is quite happy with it.

"The generosity from Kwantlen is very much appreciated by the people of the Solomon Islands," Dwivedi said. "The bright students behind this project have become diplomats in their own capacity."

To view the website, visit siconsulate.com.

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Tuesday, Feb. 5 & 12, 11 a.m. – lobby, building B	Broadway
Administrative assistant	
Thursday, Jan. 31, 3:30 p.m. – room 622	Downtown
Thursday, Feb. 14, 3:30 p.m. – room 622	Downtown
Music	
Friday, Feb. 1, 12:30 p.m. – room 3228	Broadway
Friday, Feb. 15, 12:30 p.m. – room 1228	Broadway
Teaching English to speakers of other languages (TESOL)	
Tuesday, Feb. 12, noon – room 512	Downtown
English language preparation for health sciences	
Tuesday, Feb. 12, 6 p.m. – room 1214	Broadway
University transfer & Adult upgrading	
Wednesday, Feb. 13, 4 p.m. – room 1228	Broadway,
Hair design & Skin and body therapy (esthetics)	
Wednesday, Feb. 13, 4:30 p.m. – room 201	Downtown
Baking and pastry arts	
Wednesday, Feb. 13, 10:30 a.m. – room 216	Downtown
Jewellery art and design	
Friday, Feb. 15, 11 a.m. – room 160	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **vcc.ca** or call **604.871.7000**.

VANCOUVER COMMUNITY COLLEGE

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www.vcc.ca

Langara teams up with UNBC

DANIEL HENDRIKSEN
For Metro

Langara College has signed a new memorandum of understanding (MOU) with the University of Northern British Columbia (UNBC).

The MOU allows spaces in UNBC's master of business administration degree program to be opened at Langara's Vancouver campus. Dr. Bradley O'Hara, Langara's vice-president, academic and provost, discussed the new agreement in a media release.

"This unique partnership extends one of Langara's strategic priorities — to provide opportunities for learners," O'Hara said.

"As the opportunity to host a high-demand, high-quality graduate program on our campus does much to support working professionals in the Lower Mainland, we're excited and honoured to serve as the Vancouver venue for UNBC's MBA program."

"UNBC is excited to be offering our MBA in Vancouver starting this August at Langara," added Dr. Raymond Cox, director of UNBC's School of Business. "Bringing this program to the Lower Mainland will create attractive opportunities for our MBA students, and build strong connections between our campus in Prince George and Langara's in Vancouver."

Dr. Raymond Cox, from left, Dan Ryan, Roy Daykin, and Dr. Bradley O'Hara sign a new memorandum of understanding between the University of Northern British Columbia and Langara College at Langara College. JENNIFER OEHLER PHOTO

The UNBC MBA program covers the broad spectrum of topics and issues comprising a master of business administration degree.

Those interested can attend an information session on Jan. 31 at 6:30 p.m. in Room 207 of Langara's library in Vancouver.

UBC receives $22.7-million grant

The University of British Columbia (UBC) was the recent recipient of a $22.7-million grant from the Canada Foundation for Innovation (CFI).

The funds are part of the CFI's Leading Edge Fund and New Initiatives Fund, which support infrastructure and state-of-the-art equipment for innovative science. In all, CFI handed out a total of $215 million to 34 institutions across the country.

UBC will use the money to fund research in areas ranging from astronomy to cancer and quantum materials to plant evolution.

"From the big question of the age of the universe to the minute differences in single-cell genome, UBC researchers are leading our understanding of the world around us," John Hepburn, UBC vice-president, research and international, said in a press release.

"The continued support from the Canada Foundation for Innovation will undoubtedly accelerate discovery and real-world applications of this new knowledge."

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Olivia Fermi. CONTRIBUTED

Exciting opportunity for students

DANIEL HENDRIKSEN
For Metro

Students enrolled in Langara College's computer science program have been awarded a rare opportunity. They are collaborating with environmentalist Olivia Fermi, the granddaughter of Nobel laureate Enrico Fermi.

Fermi and the multimedia and animation class are working together on the Neutron Trail project — a quest to examine the complicated "nuclear legacy" inherited by the global community in the wake of 20th-century scientific developments.

The students, under instructor Catherine Levinson, are exploring a variety of tools to illustrate and illuminate the concepts and contradictions Fermi discusses in her exploration of the Neutron Trail.

"I'm delighted to be collaborating with the students at Langara for this course," Fermi said in a press release. "The Neutron Trail is dynamic and conversational, and open to interaction on many levels. So I'm seeing this as a wonderful opportunity to learn from each other in a cross-generational dialogue."

Fermi's project began as she started to explore her grandparents' legacy within the larger scope of history, and has since expanded. Her partnership with the Langara students began Jan. 9 when she spoke to the class about her journey on the Neutron Trail.

For more, check out neutrontrail.com.

Sonography an excellent choice for student at BCIT

Tiffany Fong first experienced the world of sonography when she watched her father receive an echocardiogram after he had a heart attack.

"Watching his heart beat was such an amazing and reassuring sight," Fong said. "I was intrigued by how the sonographer could assess his heart by watching a screen full of weird images."

The experience led Fong to enrol in the diagnostic medical sonography (ultrasound) program at the British Columbia Institute of Technology (BCIT). The decision was an excellent career choice as the program has a 100 per cent job placement rate across the province, thanks to a very healthy demand for sonographers in today's medical sector.

Tiffany Fong. CONTRIBUTED

The sonography program at BCIT is 27 months in duration, including three months of holidays. Students learn about sonography of the abdomen, obstetrics, gynecology, the vascular tree and the heart.

Fong chose sonography because she likes helping people — she chose BCIT because of its reputation.

"BCIT works with industry pros and leading employers to develop programs that meet the demand of the industry," said Fong, who is currently working a practicum in the B.C. health-care system. "With BCIT's successful hiring rates for grads and real-world experience, how could I not go?"

For more information, visit bcit.ca/study/programs/5640diplt.

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"Greater Vancouver's construction boom encompasses both private and public projects, including infrastructure projects," says Edward Chung, program director of the AutoCAD, Construction and Engineering Division at Brighton College. "We're seeing the building of new roads, bridges, and tunnels, new utility lines, even new underground piping systems. Our AutoCAD graduates help keep it all going."

JUPITERIMAGES/PIXLAND/THINKSTOCK

Brighton College's AutoCAD drafting and design diploma program lasts 32 weeks. Through 28 weeks of in-class lectures and workshops, students master the AutoDesk Inventor and AutoDesk CIVIL 3D software used in civil engineering and public works. They develop additional skills in desktop publishing, computer graphics, and web design. The program also includes a four-week practicum.

For those looking to enter the workforce sooner, Brighton College also offers a 13-week computer-aided design certificate program. Students in this program gain a solid understanding of AutoCAD and, depending on the elective chosen, AutoDesk Architectural Desktop or AutoDesk Inventor as well. An optional four-week practicum helps them develop their workplace skills.

Both AutoCAD programs are fully instructor-led, and provide students with guidance in portfolio development for presentation and job-search purposes. To learn more, visit brightoncollege.com.

New classes for both the AutoCAD diploma and certificate programs begin Feb. 11. If you are ready to enrol, phone 604-901-5121 to be put in contact with an educational adviser.

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- Alex Asiperka, AutoCAD Drafting Graduate

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453/MV/13.01.07-j

Kwantlen Polytechnic University president and vice-chancellor Dr. Alan Davis joins members of the Kwantlen Eagles women's soccer team as they start the countdown to welcome Canada's best to Surrey when they host the 2013 CCAA women's soccer national championships this November. CONTRIBUTED

School preps for nationals

DANIEL HENDRIKSEN
For Metro

Kwantlen Polytechnic University (KPU) is getting ready to host the 2013 Canadian Collegiate Athletic Association (CCAA) women's national soccer championships.

The KPU Eagles kicked off their countdown for the event with a banner presentation at the school's Surrey Campus on Jan. 15. The tournament takes place Nov. 6-9, and it can't come soon enough for KPU athletes, coaches, faculty and students.

"Hosting a national championship is an honour for Kwantlen Eagles athletics, and we are excited to bring this event to Surrey and to British Columbia," Elise Le Brun, KPU's director, athletics and recreation, said in a media release. "We hope that the theme 'Ignite Your Passion' will inspire athletes from across the country to strive for excellence, and for fans and volunteers to get involved and participate in what will be a memorable championship for everyone."

The nationals will feature the top eight women's collegiate soccer teams in the country. Being the host team guarantees KPU a spot in the tournament.

JIBC honours grads at convocation

The Justice Institute of British Columbia (JIBC) recently held its annual January convocation at the Michael J. Fox Theatre in Burnaby.

More than 400 graduates from JIBC's three schools — School of Community & Social Justice, School of Health Sciences, and School of Public Safety & Security — received their diplomas and certificates at the event.

Two honorary degrees were also handed out during the convocation to Dr. Peter Brown and Dr. Peter Armstrong.

Brown, founder and honorary chairman of Canaccord Financial Inc. and a third generation British Columbian, was honoured for his contribution to the development of the province.

Armstrong received an honorary Doctor of Laws for his accomplishments as the founder and executive chairman of Armstrong Group, owner and operator of the award-winning Rocky Mountaineer, and his contribution to the tourism and hospitality industry.

In addition to the convocation, Dr. Michel Tarko was officially installed as president and CEO by JIBC board of governors chair Doug Eastwood.

VCC receives funding for trades training

The trades department at Vancouver Community College (VCC) recently received a nice financial boost.

On Jan. 11, the provincial government announced a $1.4-million grant that will go towards the purchase of new skills training equipment at VCC, including a backhoe loader, wheel alignment station and a dozer for the trades department.

"This provincial investment … will ensure students are training with the same calibre of equipment their employers will be asking them to work with after graduation," Minister of Advanced Education, Innovation and Technology John Yap said in a media release.

Most of VCC's trades training takes place at its Broadway campus, in shops equipped with proper tools and equipment to prepare them for the realities of the workplace.

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Kings reign over Canucks

NHL. L.A.'s Jeff Carter scores shootout winner after Vancouver blows a two-goal lead

CAM TUCKER
cam.tucker@metronews.ca

On Monday

3	2
Kings	Canucks

The Vancouver Canucks were less than a minute away from getting a small measure of revenge Monday against the Los Angeles Kings.

The Canucks and Kings met for the first time since the underdog L.A. team knocked Vancouver — the two-time defending Presidents' Trophy winner as the NHL's best regular-season team — out of the 2012 Stanley Cup playoffs in the first round.

Instead, the Canucks coughed up another two-goal lead in a 3-2 shootout loss to the Kings at the Staples Center.

Jeff Carter got the Kings on the board in the second period, on a power-play marker that snapped L.A.'s 0-for-25 slump with the man advantage to start the season.

He then scored the only goal in the shootout, beating Canucks goalie Roberto Luongo top corner with a slick move to the backhand.

The Canucks led for much of the night, thanks to goals from Zack Kassian — his team-leading fourth — and Alex Burrows. But Vancouver gave up a late tally to Slava Voynov with 44 seconds remaining to send the game into overtime.

Luongo was otherwise sensational. He stopped Dustin Brown and Anze Kopitar in the shootout, and he stopped 26-of-28 shots faced in regulation and overtime.

The shootout loss concludes the Canucks' three-game road trip through California.

The Canucks picked up three of a possible six points, and will return home to host the Colorado Avalanche Wednesday at Rogers Arena.

The Vancouver Canucks' Maxim Lapierre protects the puck from the Kings' Jeff Carter on Monday in Los Angeles. VICTOR DECOLONGON/GETTY IMAGES

Caps add 'technical, attacking' midfielder

Daigo Kobayashi in action during the Kirin Challenge Cup match between Japan and Trinidad and Tobago in Tokyo in 2006. JUNKO KIMURA/GETTY IMAGES FILE

The Vancouver Whitecaps officially landed attacking midfielder Daigo Kobayashi on Monday.

Hours after the deal was announced, the local Major League Soccer side and its newest member took off for Casa Grande, Ariz., to continue training camp.

Terms of the deal were not disclosed. Kobayashi arrived in Vancouver last week from his home country of Japan to undergo medical tests before the contract was signed.

Kobayashi, 29, spent the last two seasons with Shimizu S-Pulse of the J. League Division 1, and also had stints with Iraklis FC in the Greek Football League and Stabaek in Norway.

"He's someone that we've been tracking for a while and that we think is a little bit different to the players we have in our squad at the moment," said head coach Martin Rennie on the phone from Vancouver International Airport.

"He's a very technical, attacking player that plays between the midfield and forward line and hopefully he can create chances for us and be a goal threat as well.

"Hopefully he's someone who can play that final pass and give our strikers chances in behind the back four (defenders) and hopefully he's just someone that connects with the whole group."

The Kobayashi signing comes exactly one week after the Whitecaps opened training camp with news that Barry Robson and the club mutually agreed to terminate the Scottish midfielder's designated player contract.

The Whitecaps hosted a brief training session in Burnaby before flying to Arizona.

Rennie said Kobayashi "probably" won't play in the Whitecaps' first exhibition game Tuesday against the New England Revolution in Casa Grande. CAM TUCKER/METRO

4 SPORTS

Milos Raonic prepares to serve during a team practice session Monday at the University of British Columbia. JONATHAN HAYWARD/THE CANADIAN PRESS

Raonic, Canada prepare to face top-ranked Spain

Tennis. Davis Cup World Group first-round tie begins Friday at UBC

CAM TUCKER
cam.tucker@metronews.ca

After his defeat to Roger Federer at the Australian Open last week, Milos Raonic felt that some relaxation was necessary. Off to Whistler he went.

Rest and recreation time is over. Raonic arrived in Vancouver Saturday.

He will be counted upon by fans and media to be Canada's star performer against Spain in the Davis Cup World Group first-round tie, which goes Friday to Sunday at UBC's Doug Mitchell Thunderbird Sports Centre.

The winner moves on to the Davis Cup quarter-finals in April.

Canada's roster also includes Frank Dancevic, 40-year-old and 80-time doubles champion Daniel Nestor, and Vancouver's own Vasek Pospisil.

Of the four, only the 22-year-old Raonic is ranked among the top 100 men's singles players in the world at 15th.

When asked Monday if this is his squad to lead, Raonic said, "It is in a sense, but at the same time it's a team event. But you step out there and you play your match.

"So you've just got to focus on yourself … and hopefully I'm playing really well."

Raonic is coming off a three-set loss to Federer in the fourth round of the Australian Open. He'd been dealing with inflammation in the joints of the foot while in Melbourne but said he has "no problems" with his health after practice Monday.

Canada comes into this competition 12th in the Davis Cup rankings.

Spain is tops and a five-time champion.

The Spanish will be without their top three players — David Ferrer, Rafael Nadal and, most recently, Nicolas Almagro, who went down due to a reported leg injury.

Canada's team captain, Martin Laurendeau, said he wouldn't speculate on the absence of those three opposing players.

"I'm not in the position to diminish their team because … their players are great players," Laurendeau said.

Golf

Tiger takes another one at Torrey Pines

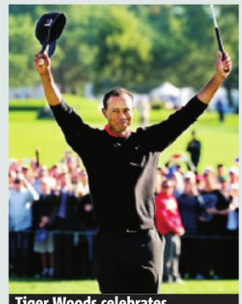
Tiger Woods is a winner again at Torrey Pines, and the only question Monday was how long it would take him to finish.

Woods stretched his lead to eight shots in the Farmers Insurance Open before losing his focus and his patience during a painfully slow finish by the group ahead.

Despite dropping four shots over the last five holes, he still managed an even-par 72 for a four-shot victory.

He won the tournament for the seventh time, one behind the record held by Sam Snead, who won the Greater Greensboro Open eight times. It was the eighth time Woods won at Torrey Pines, which includes his 2008 U.S. Open win.

Woods built a six-shot lead with 11 holes to play when the final round was suspended Sunday by darkness. THE ASSOCIATED PRESS



Tiger Woods celebrates Monday's win at Torrey Pines in La Jolla, Calif. GETTY IMAGES

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
New Jersey	4	3	0	1	11	7	7
Pittsburgh	5	3	2	0	15	14	6
NY Islanders	5	2	2	1	18	18	5
NY Rangers	5	2	3	0	14	16	4
Philadelphia	6	2	4	0	13	18	4

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	5	4	0	1	17	11	9
Ottawa	5	3	1	1	16	10	7
Montreal	4	3	1	0	13	7	6
Buffalo	5	2	3	0	13	15	4
Toronto	5	2	3	0	14	17	4

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	5	4	1	0	24	13	8
Winnipeg	5	3	1	1	15	14	7
Carolina	5	2	3	0	14	18	4
Washington	5	1	3	1	11	19	3
Florida	5	1	4	0	8	19	2

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	6	6	0	0	22	13	12
St. Louis	6	5	1	0	24	13	10
Detroit	5	2	2	1	11	16	5
Columbus	6	2	3	1	11	19	5
Nashville	6	1	2	3	10	18	5

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Edmonton	5	3	2	0	15	14	6
Minnesota	5	2	2	1	13	15	5
Vancouver	5	2	2	1	14	16	5
Colorado	5	2	3	0	10	13	4
Calgary	4	1	2	1	11	15	3

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	5	5	0	0	23	8	10
Anaheim	4	3	1	0	15	14	6
Dallas	6	2	3	1	12	14	5
Phoenix	6	2	4	0	21	20	4
Los Angeles	4	1	2	1	8	12	3

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Monday's results
Boston 5 Carolina 3
Columbus 2 Dallas 1
Phoenix 4 Nashville 0
Edmonton 4 Colorado 1
Vancouver at Los Angeles

Sunday's results
Washington 3 Buffalo 2
Pittsburgh 2 Ottawa 1 (SO)
Montreal 4 New Jersey 3 (OT)
Tampa Bay 5 Philadelphia 1
Chicago 2 Detroit 1 (OT)
Winnipeg 5 NY Islanders 4 (OT)
St. Louis 5 Minnesota 4 (OT)
San Jose 4 Vancouver 1

Tuesday's games — All Times Eastern
New Jersey at Boston, 7 p.m.
Philadelphia at NY Rangers, 7 p.m.
Toronto at Buffalo, 7 p.m.
Winnipeg at Montreal, 7:30 p.m.
Washington at Ottawa, 7:30 p.m.
Dallas at Detroit, 7:30 p.m.
NY Islanders at Pittsburgh, 7:30 p.m.
Florida at Tampa Bay, 7:30 p.m.
Columbus at Minnesota, 8 p.m.
Anaheim at San Jose, 10:30 p.m.

Wednesday's games
Montreal at Ottawa, 7 p.m.
Chicago at Minnesota, 8 p.m.
Edmonton at Phoenix, 9:30 p.m.
Colorado at Vancouver, 10 p.m.

GOLF

PGA

FARMERS INSURANCE OPEN

At La Jolla, Calif.
Final round — Par 72

Tiger Woods, $1,098,000	68-65-69-72—274
Brandt Snedeker, $536,800	65-75-69-69—278
Josh Teater, $536,800	66-70-73-69—278
Jimmy Walker, $268,400	67-69-72-71—279
Nick Watney, $268,400	69-68-71-71—279
Robert Garrigus, $204,350	72-69-72-67—280
Rickie Fowler, $204,350	77-65-70-68—280
Aaron Baddeley, $204,350	71-72-68-69—280
Bill Haas, $146,400	69-69-72-71—281
Graham DeLaet, $146,400	**68-70-72-71—281**
Charles Howell III, $146,400	66-72-71-72—281
K.J. Choi, $146,400	65-73-71-72—281
Jason Day, $146,400	73-70-72-66—281
Brad Fritsch, $146,400	**69-67-70-75—281**
Also:	
Vijay Singh, $41,480	68-73-70-73—284
Phil Mickelson, $14,125	72-71-75-70—288
Mike Weir, $12,200	**66-75-73-76—290**
Adam Hadwin	**66-74-69—WD**

NFL

SUPER BOWL XLVII

Sunday, Feb. 3 At New Orleans, La.
Baltimore vs. San Francisco, 6 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	28	13	.683	—
New York	27	15	.643	1½
Chicago	27	17	.614	2½
Brooklyn	27	18	.600	3
Indiana	26	19	.578	4
Atlanta	25	19	.568	4½
Milwaukee	23	19	.548	5½
Boston	21	23	.477	8½
Philadelphia	18	26	.409	11½
Detroit	17	27	.386	12½
Toronto	**16**	**29**	**.356**	**14**
Orlando	14	30	.318	15½
Cleveland	13	32	.289	17
Washington	11	32	.256	18
Charlotte	11	33	.250	18½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	36	11	.766	—
Oklahoma City	34	11	.756	1
L.A. Clippers	33	13	.717	2½
Memphis	29	15	.659	5½
Golden State	27	17	.614	7½
Denver	28	18	.609	7½
Utah	24	21	.533	11
Houston	25	22	.532	11
Portland	22	22	.500	12½
L.A. Lakers	19	25	.432	15½
Dallas	19	25	.432	15½
Minnesota	17	24	.415	16
Sacramento	17	29	.370	18½
New Orleans	15	29	.341	19½
Phoenix	15	30	.333	20

Note: division leaders ranked in top three positions regardless of winning percentage.

Monday's results
Memphis 103 Philadelphia 100
Golden State 114 **Toronto 102**
Sacramento 96 Washington 94
Brooklyn 97 Orlando 77
Chicago 93 Charlotte 85
Denver 102 Indiana 101
Houston 125 Utah 80

Sunday's results
Boston 100 Miami 98 (OT)
L.A. Lakers 105 Oklahoma City 96
Detroit 104 Orlando 102
New Orleans 91 Memphis 83
New York 106 Atlanta 104
Dallas 110 Phoenix 95
L.A. Clippers 96 Portland 83

Tuesday's games — All Times Eastern
Golden State at Cleveland, 7 p.m.
Milwaukee at Detroit, 7:30 p.m.
Dallas at Portland, 10 p.m.
New Orleans at L.A. Lakers, 10:30 p.m.

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Horoscopes

♈ Aries
March 21 - April 20
Focus on the things that are going well for you rather than the things that are going wrong. Financially and affectionately, you have much to look forward to. So, be positive and before long positive things will occur.

♉ Taurus
April 21 - May 21
Try not to be too concerned about what you own and what you earn. Jupiter's imminent move in your favour will resolve most if not all your financial problems, so why should you worry? Times are not so tough.

♊ Gemini
May 22 - June 21
You seem rather excitable at the moment — much like most other moments really, only more so. Maybe it's because you can sense that something wonderful is about to happen. Be ready for it and enjoy it.

♋ Cancer
June 22 - July 23
It may seem as if your life is falling apart but only because you are looking at it from an entirely negative angle. Compared to most people, you have it easy. You don't believe that? Look around you at the world.

♌ Leo
July 24 - Aug. 23
You will need to be flexible today, so don't plan your schedule in too much detail. In fact, don't plan it at all. No matter what you are doing, you must be ready to drop it all — even at a moment's notice.

♍ Virgo
Aug. 24 - Sept. 23
Now is the time to cosy up to your employers and other important people. With Jupiter about to move in your favour in the career area of your chart, you will know just what to say to get the desired effect.

♎ Libra
Sept. 24 - Oct. 23
You must keep dreaming, even if too many of your dreams have failed to come true. Cosmic activity in the best areas of your chart suggest it won't be long before your luck turns — and it will turn big time.

♏ Scorpio
Oct. 24 - Nov. 22
You will do yourself a lot of favours if you resist the urge to reply in kind to any adverse comments you might receive from those you work or do business with. Count to 10. Make that 20, actually.

♐ Sagittarius
Nov. 23 - Dec. 21
Jupiter's presence in your opposite sign of Gemini will make it easy for you to empathize with loved ones, friends, even strangers. You understand that, like you, they are all striving to be the best they can be.

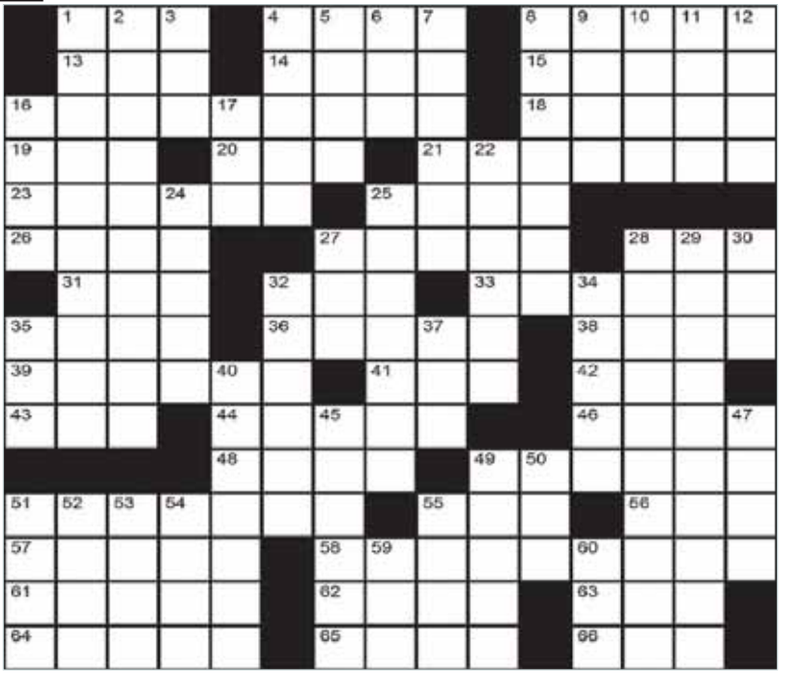
♑ Capricorn
Dec. 22 - Jan. 20
A light-hearted approach to life will make it easier to deal with the heavy duties you are labouring under. Whatever you are expected to do, at home and at work, don't take it too seriously (but do it well).

♒ Aquarius
Jan. 21 - Feb. 19
You can feel that something special is about to happen, something that has been building up behind the scenes for months. Jupiter, planet of prosperity, is about to bring many good things your way.

♓ Pisces
Feb. 20 - March 20
How can you make your home life more exciting? That is the question you have been struggling with in recent weeks and the good news is you are about to find out. Don't let others' negativity hold you back. **SALLY BROMPTON**

Crossword: Canada Across and Down

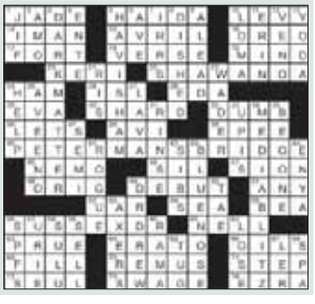
BY KELLY ANN BUCHANAN



Across
1. Pressure meas.
4. Research papers, e.g.
8. Coffee brand est. 1896 in Vancouver
13. Tsar's li'l land
14. Hawaiian island
15. Chicago's airport
16. Brad Pitt movie: 2 wds.
18. Aussie actress Ms. Wilson
19. "This __ _ recording..."
20. Dixie Cups song, when doubled
21. Unyielding
23. Financial magazine
25. Persia now
26. Past person of Peru
27. Calamari
28. William to Harry, for short
31. __ cake
32. __ Na Na
33. Old West hangout
35. Lettuce variety
36. "Shout" by The __ Brothers
38. Ms. Poehler's
39. Plane name
41. Belonging to the intl. org. based in NYC
42. Sports org.
43. Canonized titles [abbr.]
44. Legendary Canadian heavy metal band
46. Serene
48. Tightly stretched
49. Veer
51. Adele's Oscar-nominated song
55. 1990s trial Judge
56. Slang-style insult
57. Hammer _ __ in
58. Green Gables area of PEI
61. Montreal-born country singer Ms. Clark
62. "Get _ __ Up" by John Mellencamp
63. Some vowels
64. "You Won't __ __" by The Beatles
65. Bananarama song: "Robert De __'s Waiting"
66. __. _, "The A-Team" star

Down
1. Warden's worry: 2 wds.
2. Tea party items: 2 wds.
3. 'Book' suffix
4. Enjoys heavy metal
5. __ Alto, California
6. Wed.'s follower
7. Automaker of Japan
8. Rouyn-__, Quebec
9. "Cough..."
10. The Who's "__ O'Riley"
11. Lucy Liu's 'Kill Bill' role, _-__ Ishii
12. Fashion accessory
16. Minnie Mouse's pet dog
17. Fasten
22. Namesakes of Donald Duck's beloved
24. Disney deer
25. Nunavut's capital
27. Quietude requests, variantly
28. Canadian aircraft manufacturer
29. Typical item on Charles and Camilla's itinerary: 2 wds.
30. Offs opposites
32. Newfoundland attraction, __ Hill
34. Oprah's recent interviewee
35. Blues guitarist Mr. King's
37. Made-bigger pic
40. Cape Breton fiddler Ms. MacMaster
45. What Spock's father was
47. Fit
49. Prefix to 'saurus' (Plated-back dino)
50. Triumphed
51. TGIF followers
52. Human hinge
53. Handled easily, as a ship
54. Tom Cruise movie, "The __" (1993)
55. Folkie band, Bon __
59. CNN's Mr. Velshi
60. Built by a beaver

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8					4	9	2	
	5			8		3	1	
3			6					4
				6			5	8
		5				7		
2	9			7				
7					8			5
	4	9		3			7	
	6	8	1					3

Yesterday's Sudoku

4	6	1	5	8	2	7	9	3
3	5	9	1	6	7	8	2	4
8	2	7	3	9	4	6	1	5
6	9	2	4	7	1	5	3	8
5	7	4	9	3	8	1	6	2
1	3	8	6	2	5	4	7	9
7	8	6	2	4	3	9	5	1
9	1	3	8	5	6	2	4	7
2	4	5	7	1	9	3	8	6

Today 6°/5° Showers 80%
Wednesday 8°/5° Cloudy
Know what the weather will be 14 days from now.
Check the 14 day trend.
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